

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 2001¹

AGE-GENDER GROUPS	WEEKLY COST				MONTHLY COST			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS²								
CHILD:								
1 year	16.40	20.20	23.70	28.80	71.10	87.50	102.70	124.80
2 years	16.40	20.20	23.70	28.80	71.10	87.50	102.70	124.80
3-5 years	17.80	22.20	27.40	32.90	77.10	96.20	118.70	142.60
6-8 years	22.10	29.50	36.80	42.80	95.80	127.80	159.50	185.50
9-11 years	26.20	33.40	42.80	49.60	113.50	144.70	185.50	214.90
MALE:								
12-14 years	27.10	37.80	46.90	55.20	117.40	163.80	203.20	239.20
15-19 years	27.90	39.00	48.60	56.10	120.90	169.00	210.60	243.10
20-50 years	29.80	38.80	48.30	58.50	129.10	168.10	209.30	253.50
51 years and over	27.00	36.90	45.40	54.50	117.00	159.90	196.70	236.10
FEMALE:								
12-19 years	27.10	32.60	39.60	47.80	117.40	141.30	171.60	207.10
20-50 years	27.10	33.90	41.20	52.90	117.40	146.90	178.50	229.20
51 years and over	26.60	33.00	40.90	48.90	115.30	143.00	177.20	211.90
FAMILIES:								
FAMILY OF 2³:								
20-50 years	62.60	80.00	98.50	122.50	271.20	346.50	426.60	531.00
51 years and over	59.00	76.90	94.90	113.70	255.50	333.20	411.30	492.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	91.10	115.10	140.60	173.10	394.70	498.70	609.20	750.10
6-8 and 9-11 years	105.20	135.60	169.10	203.80	455.80	587.50	732.80	883.10

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans are updated to current dollars using the Consumer Price Index for specific food items.

²The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

³Ten percent added for family size adjustment.